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CLAIMS

What is claimed is:

1. A footwear attachment interface comprising:  
an insert inserted into a hole in a sole of footwear; and  
an electrical connector disposed in said insert.
2. The footwear attachment interface according to claim 1, further comprising a power source in electrical communication with said electrical connector.
3. The footwear attachment interface according to claim 1, wherein said insert comprises a tubular, hollow bushing with an enlarged washer head that sits against an outer surface of said sole.
4. The footwear attachment interface according to claim 1, wherein said insert comprises a threaded portion.
5. The footwear attachment interface according to claim 1, wherein said insert comprises an internally threaded portion.
6. The footwear attachment interface according to claim 1, wherein said insert comprises an externally threaded portion.
7. A footwear comprising:  
a sole and an insert inserted into a hole in said sole; and  
an electrical connector disposed in said insert.
8. The footwear according to claim 7, further comprising a power source in electrical communication with said electrical connector.
9. The footwear according to claim 7, wherein said insert comprises a tubular, hollow bushing with an enlarged washer head that sits against an outer surface of said sole.
10. The footwear according to claim 7, further comprising an electrical attachment device electrically connected to said electrical connector disposed in said insert.
11. The footwear according to claim 10, further comprising a flexible extension in electrical communication with said electrical attachment device and said electrical connector disposed in said insert.
12. The footwear according to claim 10, wherein said electrical attachment device comprises a flashlight.
13. The footwear according to claim 10, wherein said electrical attachment device comprises a sensing device for measuring at least one of distance, speed, acceleration, weight, stress, strain, perspiration, and heartbeat.

14. The footwear according to claim 10, wherein said electrical attachment device comprises a cleaning device.
15. A foot paddle assembly comprising:
  - a forefoot racket and at least one of a medial racket and a lateral racket, each of said rackets comprising a ball rebound surface, wherein said at least one of said medial and lateral rackets comprises mounting elements that medially protrude therefrom.
16. The foot paddle assembly according to claim 15, wherein said forefoot racket is hinged to said at least one of said medial and lateral rackets by a hinged connection.
17. The foot paddle assembly according to claim 16, wherein said hinged connection is spring-loaded.
18. The foot paddle assembly according to claim 16, wherein said hinged connection comprises a detachable connection that permits detaching one of said rackets from another of said rackets.
19. The foot paddle assembly according to claim 15, wherein said hinged connection permits folding said foot paddle assembly into a generally, flat configuration.
20. The foot paddle assembly according to claim 15, further comprising support elements that extend from one of said rackets to another of said rackets.
21. The foot paddle assembly according to claim 15, wherein said support elements are pivotally attached to one of said rackets.
22. The foot paddle assembly according to claim 15, further comprising a footwear and a footwear attachment interface, said footwear attachment interface comprising an insert inserted into a hole in a sole of footwear, and wherein said mounting elements are inserted in said footwear attachment interface.
23. The foot paddle assembly according to claim 22, further comprising a shock absorber positioned between said footwear and at least one of said rackets.
24. The foot paddle assembly according to claim 15, further comprising a carrying package in which said foot paddle assembly is insertable.